

Learn to Speak
Basic Middle Eastern Dance

Course Companion Guide

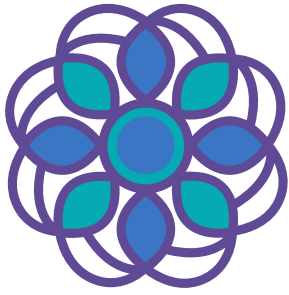











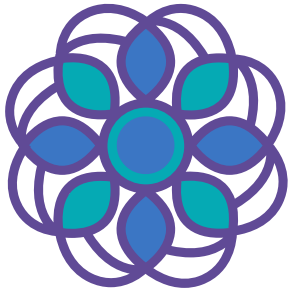


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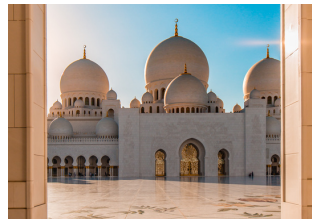


Culture

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PRACTICE WEAR: comfortable yoga-style clothing, hip scarf of some kind



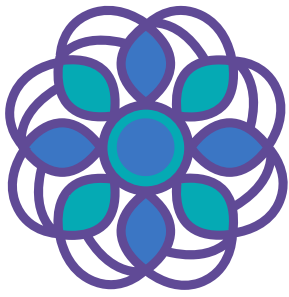
ORIGINS: cultural heritage of Middle Eastern nations, danced by all genders, often segregated by gender, be a respectful student ❤️



IN THE WEST: relatively recent import, lots of Egyptian influence, choice of covering belly or not, development of American Tribal Style (ATS)



MUSIC: strong rhythms with drums/percussion, melody with stringed instruments (plucked or bowed), flutes, horns, synthesizer, singing



Culture

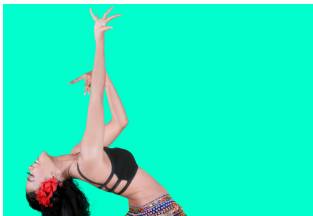
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PROPS: veil, fan, cane, sword, finger cymbals, Isis wings, skirt, candles



COSTUMING: bra and belt sets, various skirts, harem pants, vests, dresses

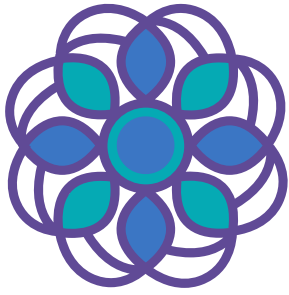


PERFORMANCE: hissing, clapping, exclamations, zaghareet (ululation)

REFERENCES

Shira. (n.d). How to be an appreciate audience member for belly dancers. All About Belly Dancing. Retrieved August 1, 2021, from <http://www.shira.net/advice/lifestyle/audience.htm>

Wikipedia contributors. (2021, August 1). Belly dance. In Wikipedia, The Free Encyclopedia. Retrieved August 2, 2021, from https://en.wikipedia.org/w/index.php?title=Belly_dance&oldid=1036523449



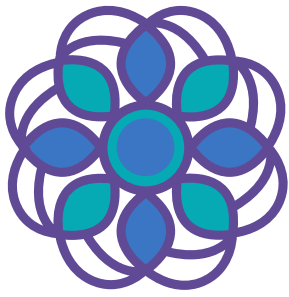
Health

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- low-impact, weight-bearing exercise
- all ages and levels of fitness
- flexibility of the torso
- gently strengthens spinal and abdominal muscles
- veil builds upper body, arm and shoulder strength
- finger cymbals train fingers and build hand strength
- hip movements strengthen legs and long muscles of the back

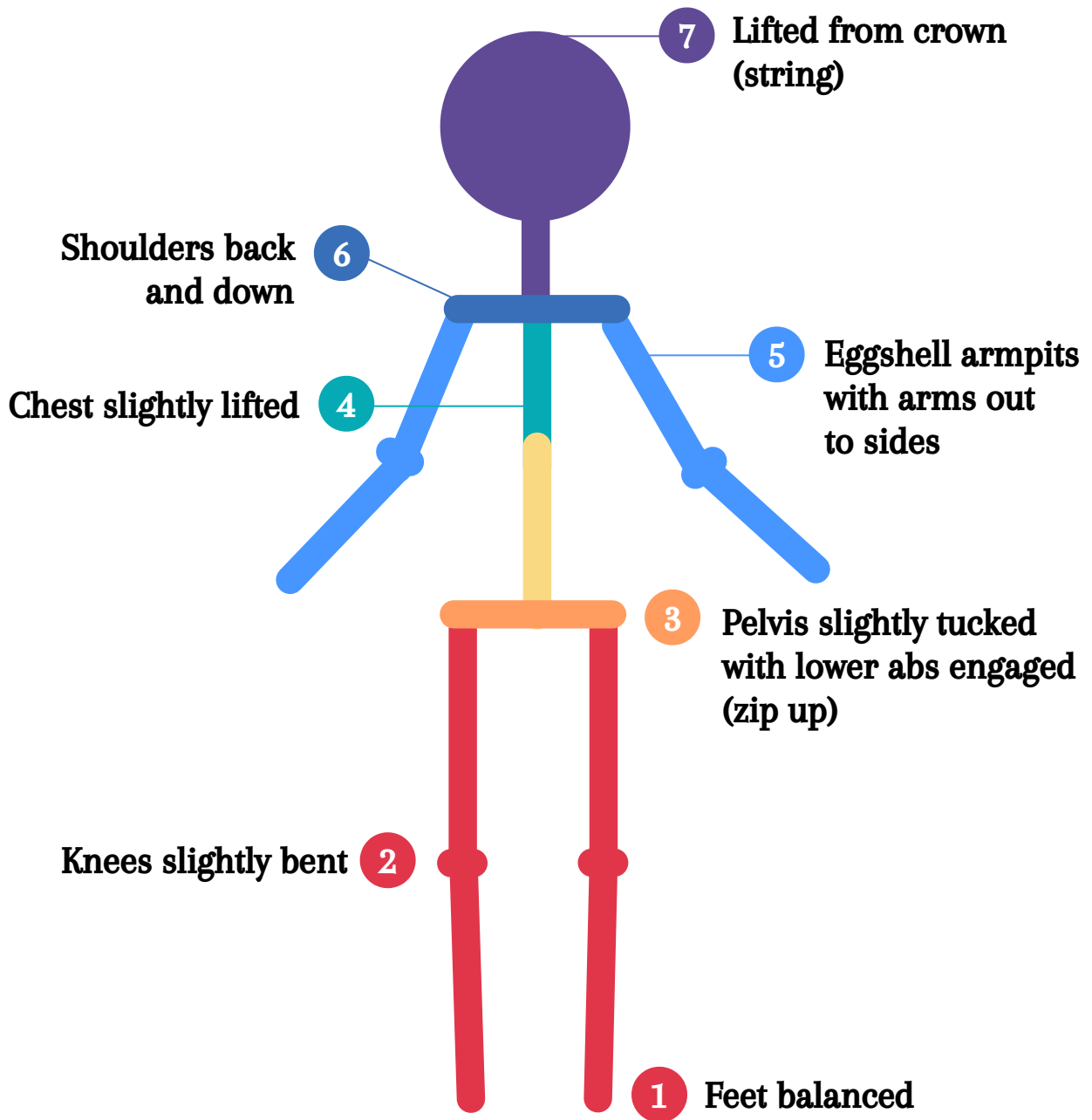
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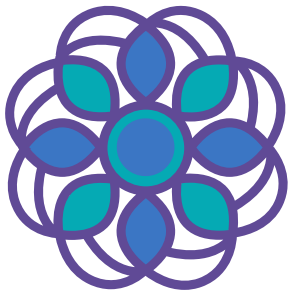
Wikipedia contributors. (2021, August 1). Belly dance. In Wikipedia, The Free Encyclopedia. Retrieved August 2, 2021, from https://en.wikipedia.org/w/index.php?title=Belly_dance&oldid=1036523449



Dance Position

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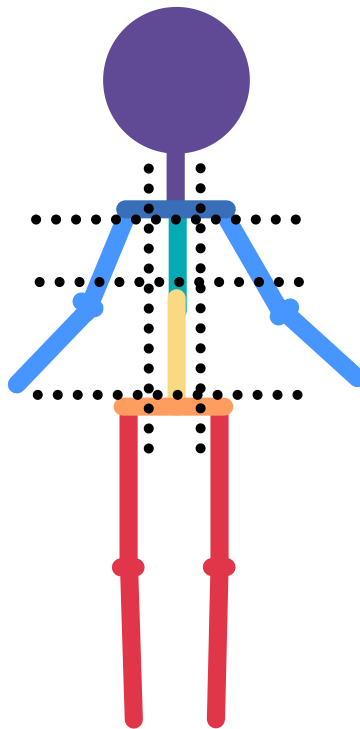




Movement Types

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ISOLATIONS: emphasizing movement in one part of the body while moving as little as possible in other areas



FLUID



with melody

PERCUSSIVE

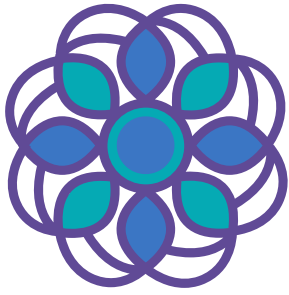


with beats/accents

VIBRATION



with drum rolls

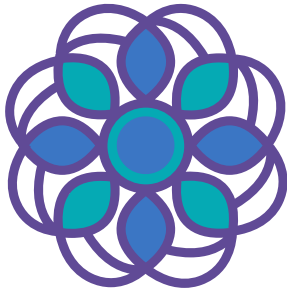


Step Families

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- Lifts and drops
- Slides
- Circles and crescents
- Twists and figure 8's
- Undulations
- Shimmies
- Arm movements and frames
- Traveling steps
- Turns

These families aren't exclusive. For example, a step hip belongs to both the lifts and drops family and the traveling steps family. The step families are just useful ways to think about the different types of steps that Middle Eastern dance employs. And when you learn a new step, understanding to which families that step belongs can help you more readily apply the skills you've already acquired from other steps in those same families.



Step List

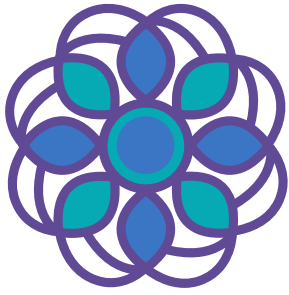
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Slides

- single stationary hip slide
- single walking hip slide
- double stationary hip slide
- double walking hip slide
- forward and back slides
- traveling forward and back slides
- single chest slide
- double chest slide

Lifts & Drops

- hip lift and drop
- hip lift
- hip drop
- chest lift and drop
- chest lift
- chest drop
- shoulder lift and drop
- step hip



Step List

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Circles & Crescents

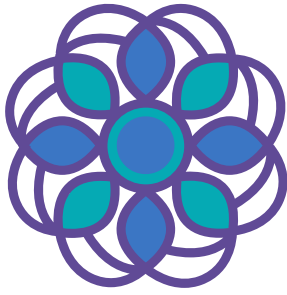
Horizontal

- horizontal hip circle
- horizontal chest circle
- stationary forward hip crescent
- traveling forward hip crescent
- stationary backward hip crescent
- traveling backward hip crescent
- forward chest crescent
- backward chest crescent
- forward safety pin
- backward safety pin

Circles & Crescents

Vertical

- vertical forward hip circle
- vertical backward hip circle
- vertical hip crescent
- M & M
- vertical upward chest crescent
- vertical downward chest crescent
- shoulder circle backward
- shoulder circle forward



Step List

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Twists

- hip twist

Figure 8s

- horizontal hip front-to-back figure 8
- horizontal hip back-to-front figure 8
- vertical downward figure 8 (Mayan)
- vertical upward figure 8

Shimmies

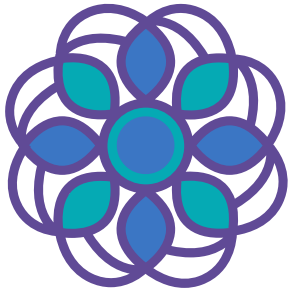
- Egyptian shimmy
- shoulder shimmy

Undulations

- basic undulation
- basic undulation traveling to side

Arms

- wrist roll
- wrist undulation
- snake arms
- sway arms



Step List

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Traveling Steps

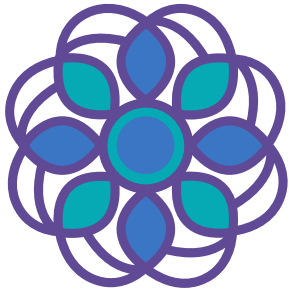
- all previous traveling steps
- step together step

Turns

- crossover
- 3-point

Arm Frames

- horizontal L-shaped
- hands on hips
- 1 up/1 down
- 1 hand on hip/other extended with flat hand
- low hip
- arms stretched/hands clasped in front
- prayer hands
- minaret (palms in and palms out versions)
- hands at head



Combos Learned

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Chapter 1



COMBO 1

8 counts - single walking hip slides traveling forward

8 counts - single stationary hip slides

8 counts - single walking hip slides traveling backward

8 counts - single stationary hip slides



COMBO 2

8 counts - single walking hip slides traveling forward

8 counts - chest lift and drops, stationary

8 counts - single walking hip slides traveling backward

8 counts - chest lift and drops, stationary



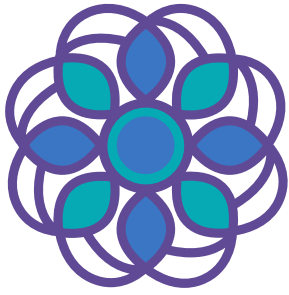
COMBO 3

8 counts - step hips in a circle then pose to front with hands on hips for 2 counts

8 counts - single chest slides

8 counts - step hips in a circle in the other direction then pose to front with hands on hips on for 2 counts

8 counts - single chest slides



Combos Learned

Learn to Speak Basic Middle Eastern Dance

Chapter 2



COMBO 1

8 counts - traveling forward hip crescents with low hip frame followed by step touch

8 counts - vertical forward hip circles

8 counts - traveling forward hip crescents with low hip frame in the other direction followed by step touch

8 counts - vertical forward hip circles



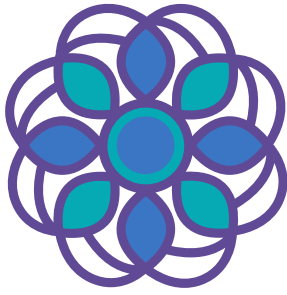
COMBO 2

8 counts - traveling backward hip crescents with low hip frame followed by step touch

8 counts - vertical backward hip circles

8 counts - traveling backward hip crescents with low hip frame in the other direction followed by step touch

8 counts - vertical backward hip circles



Combos Learned

Learn to Speak Basic Middle Eastern Dance

Chapter 2 continued



COMBO 3

8 counts - M & Ms forward with arms stretched/hands clasped in front

8 counts - horizontal hip circles (turning to front on 1st), followed by step touch turning to other side

8 counts - M & Ms forward with arms stretched/hands clasped in front facing other direction

8 counts - horizontal hip circles (turning to front on 1st), followed by step touch turning to first side



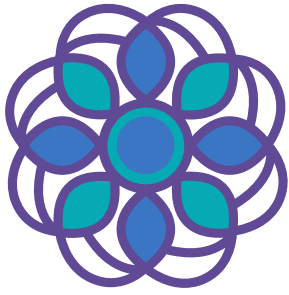
COMBO 4

8 counts - M & Ms forward with arms stretched/hands clasped in front

8 counts - horizontal chest circles (turning to front on 1st), followed by step touch turning to other side

8 counts - M & Ms forward with arms stretched/hands clasped in front facing other direction

8 counts - horizontal chest circles (turning to front on 1st), followed by step touch turning to first side



Combos Learned

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Chapter 3



COMBO 1

8 counts - hip twists, downward figure 8

8 counts - hip twists, upward figure 8



COMBO 2

4 counts - Egyptian shimmy

4 counts - shoulder shimmy



COMBO 3

8 counts - front-to-back figure 8

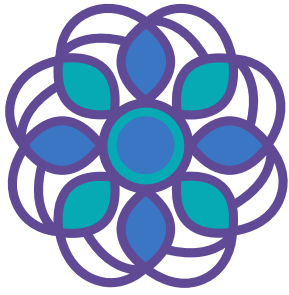
8 counts - step hips with hands at head, single hips slides in a circle



COMBO 4

8 counts - back-to-front figure 8

4 counts - step hips with hands at head, single hip slides in a circle



Combos Learned

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Chapter 4



COMBO 1

8 counts - 2 moving basic undulations to R with 1 up/1 down arm frame

8 counts - 2 moving basic undulations to L with 1 up/1 down arm frame

8 counts - 3-point turn to R, shoulder shimmy

8 counts - 3-point turn to L, shoulder shimmy



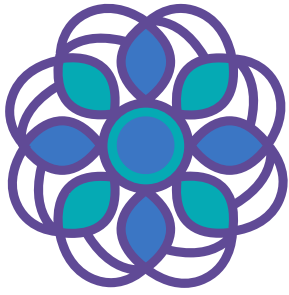
COMBO 2

8 counts - step together steps in a circle with sway arms

8 counts - upward figure 8s with prayer hands

8 counts - double wrist undulations down the body line

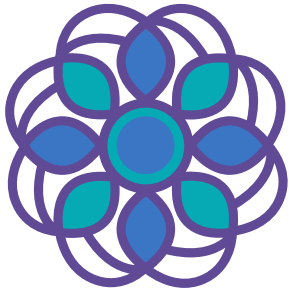
8 counts - Egyptian shimmy with low hip arm frame



My Combos

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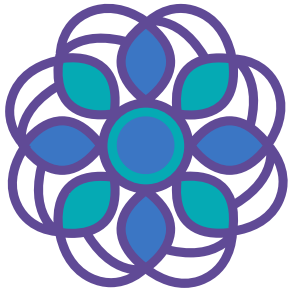
Chapter 1



My Combos

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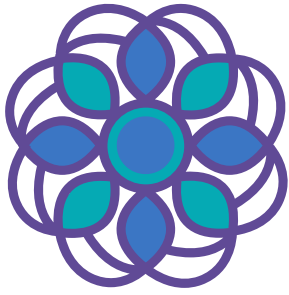
Chapter 2



My Combos

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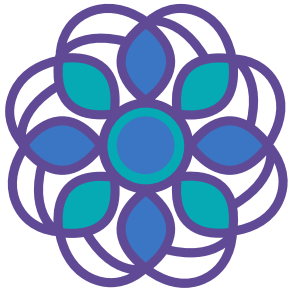
Chapter 3



My Combos

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Chapter 4

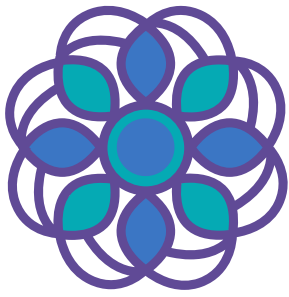


Choreography Patterns

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Examples

- 16 counts - 8A + 8B
- 16 counts - 4A + 4B + 4A + 4B
- 16 counts - 6A + 2B + 6A + 2B
- 16 counts - 6A + 2B + 6C + 2D, then repeat all to make 32 counts
- 32 counts - 8A + 8B + 8C + 8D, then repeat all to make 64 counts
- 64 counts - 8A + 8B + 8A + 8C + 8A + 8D + 8A + 8E

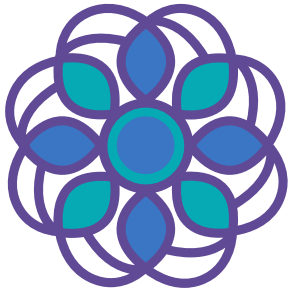


Choreography Questions

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Examples

- What are the count amounts for the different sections of the song?
- What does this section of music sound like? Would fluid movements, percussive movements, or vibrations match it best?
- Which direction do I want to go in different sections?
- Is there a certain choreography pattern I want to make? Is there one that matches what is happening in the music?
- Are there certain steps I already have in mind to use in this dance?
- Do I want to vary the speed of my steps by performing some quickly and others slowly?
- Do I want to do similar movements with different parts of my body? Or do I want to do dissimilar movements to contrast the difference?
- How do I need to end a combo or section so that I can link well to what comes after?
- What arms do I want to add to level up my choreography?



Choreography

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Oriental by Timtaj



INTRO (32)

16 counts - arm poses facing back (R, L, minaret out, minaret in, R, L, low hip), crossover turn

16 counts - double hip slides with low sway arms, double chest slides with hands on hips



STEP HIP (32)

8 counts - step hips with hands at head moving forward

8 counts - front-to-back figure 8s, shoulder shimmy

8 counts - step hips with hands at head moving backward

8 counts - front-to-back figure 8, Egyptian shimmy while bringing arms down alongside the body



FLOWY SIDES (64)

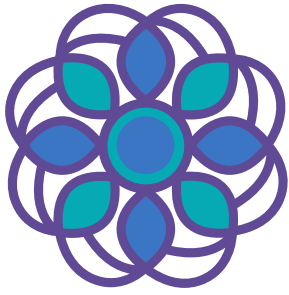
8 counts - forward and backs with L-shaped arms to the R

8 counts - downward 8s (mayans) in a circle (turning over R shoulder) with hands in prayer, 2 steps to finish turning to the front

8 counts - basic undulation traveling to L one arm up/one arm down

8 counts - step together steps with sway arms overhead (turning over L shoulder), step touch to finish turning to the front

Repeat all 32 counts on the opposite side



Choreography

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 **MY SECTION (64)**

 **ENDING (32)**

16 counts - arm poses facing back (R, L, minaret out, minaret in, R, L, low hip), crossover turn

1 count - look back over shoulder